

Winter 2002

Beacon Light: Winter 2002

St. Cloud Hospital

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Beacon LIGHT

Healing with a personal touch

*St. Cloud Hospital
strives to continually
improve patient
satisfaction, p.4*

 **St. Cloud Hospital**
CENTRA CARE Health System

PAID ADVERTISING
SUPPLEMENT

2 KNEE SURGERY



St. Cloud Hospital declared safe by Minnesota Department of Health and Centers for Disease Control.

3 CAMPAIGN UPDATE



CentraCare Health Foundation launched *Investing in Health... Ensuring Excellence* campaign with a generous gift.

7 HEART SCANNER



Central Minnesota Heart Center at St. Cloud Hospital drives technology with dual-headed mobile scanner.

 **St. Cloud Hospital**
CENTRA CARE Health System
1406 Sixth Avenue North | St. Cloud, MN 56303-1901

KNEE SURGERY

Minnesota Department of Health confirms surgery safe at St. Cloud Hospital

In a report summarizing its investigation of the deaths of three Central Minnesota knee patients, the Minnesota Department of Health (MDH) praised St. Cloud Hospital, Douglas County Hospital and the physicians and staff of both facilities.

"No breaches in infection control were found and all processes met or exceeded national practice recommendations," states the report, which St. Cloud Hospital received early in January. "The staff at both hospitals cooperated fully and facilitated the investigation in every way. No additional investigation at either hospital is planned."

The investigation by the Centers for Disease Control and Prevention (CDC) determined that one of the three deaths, that of a 23-year-old man, resulted from a severe and unusual Clostridium infection. The CDC traced the

infection to a contaminated tissue graft supplied by a national vendor. The CDC and the Food and Drug Administration are taking steps to ensure that this type of infection does not happen again, anywhere.

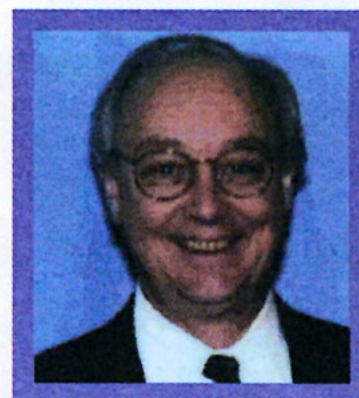
The MDH and CDC determined that the other two deaths at the hospitals following knee surgery were unrelated.

St. Cloud Hospital and its surgeons participated in an intensive review of practices during the investigation. It was vitally important for them to determine if they were, in any way, responsible for this infection. The MDH and CDC have assured St. Cloud Hospital that the hospitals, physicians and other caregivers are in no way responsible for the tragic Clostridium death. In fact, state epidemiologist Dr. Harry Hull has stated, "There is absolutely no reason why patients who receive care or have

surgery in these hospitals should have any special concerns."

St. Cloud Hospital has performed dozens of elective knee procedures since mid-November without infectious complications.

"We adhere to stringent infection control standards," said Daniel Whitlock, M.D., vice president of Medical Affairs at St. Cloud Hospital. "Our post-surgical infection rates are lower than the national benchmarks. Our mission is to improve the health and quality of life for Central Minnesotans in a manner that



Daniel Whitlock, M.D.,
Vice President of Medical Affairs

reflects the healing mission of Jesus. We live that mission by making patient safety our highest priority."



COMMUNITY CAMPAIGN

Contributions focus on cancer, behavioral health, Alzheimer's

Everyone wants the best health care available for themselves and their family members.

That's one of the main reasons CentraCare Health Foundation launched a five-year *Investing in Health . . . Ensuring Excellence* campaign to raise money for three primary areas – cancer, adolescent behavioral health and Alzheimer's disease.

People shared moving, personal experiences about these three CentraCare services at the Jan. 5 campaign kick-off event. Also, the announcement was made of a \$1.5 million gift from the Coborn family to be used to enhance cancer services. In recognition of this generosity, the CentraCare Cancer Center was renamed the Coborn Cancer Center.

"We are proud to be able to support the significant initiatives of the CentraCare Health System," said Dan Coborn, retired president of Coborn's Inc. "The community has been very

good to us and it is gratifying to know that our contribution will be used to touch the lives of many people in need of specialized care."

In addition to the Coborn donation, the CentraCare Health System employee campaign already surpassed its initial goal of \$500,000 with total gifts and pledges reaching \$845,000. A separate medical staff campaign with a goal of \$1 million has already raised \$676,066 as of Jan. 22.

The *Investing in Health . . . Ensuring Excellence* campaign aims to raise \$10 million. Co-chairs for the campaign are Dan and Mabel Coborn, Al and Yvonne Kremers, and John and Mary Weitzel. Al Kremers is the retired CEO of DeZURIK Corp. and John Weitzel is the retired President & CEO of Bankers Systems, Inc.

"Charitable giving is an essential part of all regional cancer programs, and giving to a local charity like CentraCare is important to us," said Al Kremers, campaign co-chair. "Patient-

generated revenue alone is not enough to fund the clinical research, education and the most advanced technology."

The \$1.5 million contribution has already been earmarked for a new CT simulator.

"This piece of equipment is truly state-of-the-art and there are not many in operation in Minnesota," said Jo Zwilling, director of Coborn Cancer Center. "The CT simulator will reduce the time the patient has to prepare for treatment by at least one hour and it will more accurately direct radiation treatment to the cancerous tumor and avoid the healthy cells."

"We have a wonderful opportunity to develop a regional cancer center, a special Alzheimer's unit and a day program for behavioral medicine with funds raised through this campaign," said John Weitzel, campaign co-chair.



Dan and Mabel Coborn

"The Coborns' gift will make a profound difference for our cancer patients and their families," said John Frobenius, St. Cloud Hospital president and CentraCare Health System co-president. "This gift will give us a wonderful start in enhancing services and technology for cancer patients throughout Central Minnesota. We hope that others will be inspired to invest in the community's health care as the Coborn family has. The need for private gifts is great."

For more information about how you can help, please contact CentraCare Health Foundation via phone at (320) 240-2810 or 800-835-6652, ext. 52810; fax at (320) 656-7124; e-mail at foundation@centracare.com; or mail at P.O. Box 2206, St. Cloud, MN 56302.

UPCOMING EVENTS

February - April 2002

For more information about the following classes, call St. Cloud Hospital's Education and Professional Development Department at (320) 255-5642 unless otherwise indicated.

Childbirth Preparation Monday Night Series

This six-session series is designed for parents in the sixth to eighth month of pregnancy. Classes meet from 6:30-8:30 p.m. in the Lady Slipper Room (Woodlands entrance) at CentraCare Health Plaza. \$65 per person/couple • Feb. 18, 25; March 4, 11, 18, 25 • April 1, 8, 15, 22, 29; May 6

Childbirth Preparation Weekend Series

This series is a condensed form of the six-session series. Classes meet from 6:30-9 p.m. Friday and 9 a.m. to 5 p.m. Saturday in the Lady Slipper Room (Woodlands entrance) at the Health Plaza. \$65 per person/couple • Feb. 8 and 9 • March 1 and 2 • March 22 and 23 • April 12 and 13

Refresher Classes for Labor and Delivery

Expectant parents who have given birth before can attend this class in the sixth to eighth month of pregnancy. Classes meet from 9 a.m. to 4 p.m. Saturday in the Lady Slipper Room (Woodlands entrance) at CentraCare Health Plaza. \$35 per person/couple • March 9

Vaginal Birth After Caesarean (VBAC)

This class is intended to prepare expectant couples who are considering a vaginal birth after a previous Caesarean birth. Classes meet from 6:30-8:30 p.m. Monday in Family Birthing Center Classroom (third floor) at St. Cloud Hospital. \$15 per person/couple • Feb. 18

Breastfeeding Class

For expectant or new parents, this class is presented by a local lactation consultant. Classes meet in the Lady Slipper Room (Woodlands entrance) at CentraCare Health Plaza. \$15 per person/couple 6:30-8:30 p.m. Wednesday • Feb. 20 • March 20 • April 17 1:30-3:30 p.m. Monday • March 25

Sibling Class

For siblings-to-be between 3 and 9 years old, this class will teach children about how to interact with a new baby and give parents insight into the siblings' reactions to the baby. Classes meet from 9-10:30 a.m. Saturday in the Fireside Room – Level A at St. Cloud Hospital. \$20 per family

- Feb. 23
- March 23
- April 13

Siblings Present at Birth

For couples who want their other children present during the birth, this class helps prepare the children for the birth experience. \$30 per family Call the Education and Professional Development Department 255-5642 to arrange a time with the instructor.

Community Health Night Series

All sessions will be from 7-8:30 p.m. in the CentraCare Health Plaza Education Center. To register, please call (320) 229-4918 at least one day before the event. Free. • February 6: Independent Living for Older Family Members – Almost 75 percent

of primary, informal caregivers for older adults are women. What community resources are available to help you care for a loved one at home? A panel will discuss a variety of local services and how to access them.

• February 27: Ruts in Relationships – A special Valentine's Day program, Dani Jakubowski, Ph.D., will discuss the all-too-common "ruts" that develop in long-term relationships and offer suggestions for finding the way back to that warm, loving relationship.

• March 13: Fibromyalgia – Brad Kuhlman, Ph.D.

• March 27: Eating Disorders – Bette Bakke, Ph.D., L.P.

American Heart Association's Heart Walk

Registration begins at 8:15 a.m. Saturday, Feb. 23, at Crossroads Center, St. Cloud. Presented by the Central Minnesota Heart Center at St. Cloud Hospital.

If you'd like to be part of a St. Cloud Hospital team, please call (320) 251-2700, ext. 54726.

Wellness and Nutrition for Life

From 7-9 p.m. Monday, Feb. 25, at Best Western Kelly Inn, St. Cloud. Presented by Jane Brody, personal health columnist for the *New York Times*. Sponsored by the Central Minnesota Heart Center at St. Cloud Hospital. Brody shares her trademark brand of wisdom on a range of health and fitness issues, from how to trim the amount of fat in your diet to how to incorporate an exercise routine into your busy

lifestyle. She emphasizes the important role preventative health care measures should play in all our lives, and gives her audience plenty of good ideas and invaluable information that they can use to immediately improve their health and well being.

The \$8 tickets are available at St. Cloud Hospital's Gift Shop; Byerly's service desk; Cash Wise's Video Department; and the service desk at Coborn's Superstore-Sauk Rapids. Call (320) 251-2700, ext. 54726, for more information.

Eugene O'Neill's Ah Wilderness

The performances are Tuesday, April 2, and Wednesday, April 3, at Paramount Theater. Sponsored by Central Minnesota Heart Center at St. Cloud Hospital. Call (320) 259-5463 for ticket information.

The Guthrie Theater brings this quintessential American play on the road. The charming comedy is a nostalgic and enlightening coming-of-age story.

Earth Day Half Marathon

The Central Minnesota Heart Center is once again the presenting sponsor for the Earth Day Half Marathon in St. Cloud, Central Minnesota's premier racing event. Please call at St. Cloud State University at (320) 255-3325 for registration information.

- Friday, April 19 Community Health & Fitness Expo, 2-10 p.m. O'Hara's Pasta Feed, 5:30-9:30 p.m. 1K Junior Run, 6 p.m. 5K Run, 6:30 p.m.

- Saturday, April 20 Half Marathon, 9 a.m.

Peace by Piece Carnival

The carnival is presented by St. Cloud Hospital in collaboration with State Cloud State University and the former Safe Communities Partnership. The carnival will run from 5-9 p.m. Thursday, April 25, at the



Southside Boys and Girls Club. It will kick off the Children's Violence Prevention conference titled "Tools for raising healthy youth in a violent world," which is from 8 a.m. to 4 p.m. April 26 at St. Cloud Hospital's Conference Center. For a list of conference sessions and speakers, please call (320) 251-2700, ext. 55642 by April 10.

In case of severe weather, course cancellations are announced on WWJO-FM/WJON, KCLD-FM/KNSI and KKSJ-FM (STAR 96) radio stations.

Partnering with patients places priority on high satisfaction scores

When Nancy Pelzel was diagnosed with brain, lung and bone cancer in October 2001, she couldn't think of a better place to receive care than St. Cloud Hospital.

Pelzel, 65, a resident of Annandale, recalls hearing the news from her oncologist, but specifically remembers how he took time to talk with her and explain her prognosis in terms she could understand.

"I was and am very happy with my doctor. He even said if I were to receive a second opinion, he wouldn't be offended," said Pelzel. "I remain confident with the skilled professionals at St. Cloud Hospital."

Pelzel is one of many patients in the Medical/Oncology Care Center who rank St. Cloud Hospital high in patient satisfaction. Surveys are regularly sent to patients at random asking them to rank the care they received while hospitalized.

"There was a nurse who talked with me, brought me paper to write on and told me stories of ways other cancer patients dealt with the illness," said

Pelzel. "Once a nurse arranged her break so she could take me down to Sunday Mass. Now that is superb and compassionate care."

A Satisfaction Task Force, consisting of St. Cloud Hospital leaders, focuses on ways to continually enhance patient satisfaction as well as employee satisfaction. An emphasis is placed on becoming partners with patients, giving patients a stronger role in the direction of their care.

"St. Cloud Hospital is continually looking for ways to improve," said Mary Buhl, director of Performance Improvement and Risk Management. "Patient satisfaction is taken very seriously. We do everything in our power to implement individual ideas/suggestions and turn them into action plans for the entire organization."

Cathy Tieva, a permanent charge nurse for the Medical/Oncology Care



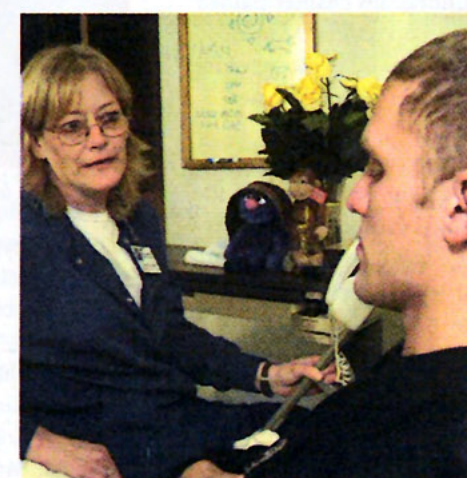
Nancy Pelzel, 65, tells Cathy Tieva, R.N., the story of how she moved to Central Minnesota to be closer to her family and grandchildren.

Center, is one of many who works extremely hard to ensure patients receive excellent care. Tieva credits the high scores in her area to the patient/staff satisfaction council on her unit, which consists of various medical professionals and was formed in 1999 to discuss satisfaction issues and analyze improvement areas based on survey results for the Medical/Oncology Care Center.

"We (as nurses) always try to put ourselves in the patients' shoes to understand how they feel and to identify ways to make them more comfortable," said Tieva.

Michael Brenny, 20, Sauk Rapids, was a patient in the Medical/Oncology Care Center for more than a week as he recovered from a collapsed lung.

"They (nurses) let me have lots of company and let my family stay as late as they wanted," said Brenny. "They even let me bring my DVD player in so I could watch movies and listen to music."



Michael Brenny, 20, Sauk Rapids, briefly talks with Cathy Tieva before he is prepped for surgery, Jan. 8, to repair a collapsed lung.

"I make it my personal goal to try and visit with every patient, every day. Our unit as well as every unit in the hospital receives many thank-you cards — it's a good feeling and they never go unnoticed," said Tieva.

Some other stories about nurses from Medical/Oncology going the extra mile have included an arrangement for a terminally ill cancer patient to have her young son stay overnight, allowing them to sleep together and eat popcorn while enjoying a movie. They also have allowed beds to be pushed together so married couples can sleep next to each other and have made special trips for treats that patients are craving.

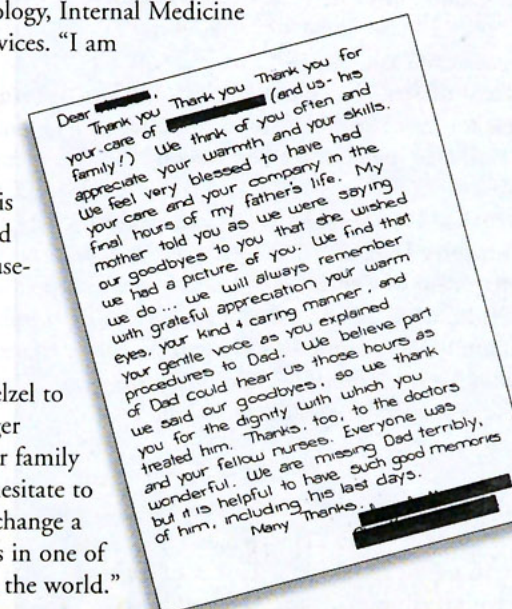
Identifying key areas to focus on improving is something that all St. Cloud Hospital departments are working on. Medical/Oncology has chosen to focus on issues such as staff sensitivity to patients' emotional and spiritual needs, staff responsiveness to

complaints and efforts to include patients' decisions in treatment.

"We have a strong commitment to patient-focused care," said Jo Zwilling, care center director for Oncology, Internal Medicine and Diabetes Services. "I am really excited about the steps that St. Cloud Hospital has taken to make this idea a priority and implement it house-wide."

When someone advised Nancy Pelzel to seek care at a larger facility, one of her family members didn't hesitate to respond, "Don't change a thing, I feel she is in one of the best places in the world."

One of many 'thank you' letters received daily at St. Cloud Hospital.



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Jeremy Angell,
Coordinator of
Support Services
for CentraCare
Laboratory
Services



St. Cloud Hospital
CENTRACARE Health System

Human Resources • St. Cloud Hospital • 1406 Sixth Avenue North • St. Cloud, MN 56303 • Phone: (320) 255-5650
• Toll Free: 800-835-6608 • Fax: (320) 656-7022 • hrrs@centracare.com • Hours: 7:30 a.m. - 5 p.m. • Monday - Friday

Dear Friends,

This year will be a transition year for St. Cloud Hospital and CentraCare Health System. In January 2003, I will step down as co-president of the CentraCare Health System and president of St. Cloud Hospital.



John Frobenius,
St. Cloud Hospital
President

Having served as the president of St. Cloud Hospital since 1985, it is time for me to step back from this intense role and open the door for new leadership.

Current Co-President of CentraCare Health System Terry Pladson, M.D., will serve as the sole president of CentraCare Health System. Dr. Pladson will do a wonderful job for the community. The hospital and system boards are working to establish the selection process for the new hospital president and will conduct a nationwide search.

For the next year, I will remain active in the operation of St. Cloud Hospital and CentraCare Health System. This is an exciting year with the hospital's northwest addition opening this spring and the expansion of the Central Minnesota Heart Center. As we work on multiple initiatives designed to attract staff and physicians to our communities and explore development of new services, we will continue to focus on serving the needs of Central Minnesota.

After January 2003, I will work on fund development efforts, state and federal legislative health care issues affecting our community and selected planning issues.

St. Cloud Hospital and CentraCare Health System's missions will remain unchanged with the transition to new leadership. St. Cloud Hospital will remain a Catholic, regional hospital dedicated to improving the health and quality of life for area residents. We will continue to work with all physicians and providers in the area to advance that mission.

Sincerely,

John Frobenius

John Frobenius
President

HEART MONTH

St. Cloud heart disease support group celebrates 15 years of helping others

When Joanna Pucel had triple-bypass heart surgery at age 37, it was a life-changing experience in more ways than one. Her surgery took place in 1984 at Abbott Northwestern Hospital, which was before the creation of the Central Minnesota Heart Center at St. Cloud Hospital.

One of the changes was Pucel's physical health. Since her family has a history of heart disease and her cholesterol was difficult to control, Joanna began taking cholesterol medication. Years later, she needed to improve her already healthy lifestyle by reducing her stress to keep her cholesterol in check. Pucel was so successful in her fight against high cholesterol that she was featured in a book titled "Win the Cholesterol War" by Holly McCord, a registered dietician.

Creating Mended Hearts

The other life-altering experience was a hospital visit by a Mended Hearts representative before her heart surgery. Mended Hearts, Inc., is a support group for heart disease patients and their families. Mended Hearts visitors talk to heart patients before they have a procedure to provide reassurance and provide support.

"I was sitting there — 20 years younger than the others having surgery," Pucel said, "when this 40-year-old woman walks in to say 'I survived this.' I only saw her for a half an hour, but that half hour made a major impact on my life."

The purpose of Mended Hearts is to offer help, support and encouragement and to live their mission statement, "It's great to be alive — and to help others." Since the first group was formed in Boston

in 1951, Mended Hearts has grown to 280 chapters in the United States and two in Canada.

Pucel was intrigued by Mended Hearts and began attending monthly meetings in Minneapolis. The Minneapolis chapter trained Pucel as an accredited Mended Hearts visitor and began referring St. Cloud-area patients to her.

The interest in having a local support group was evident to the staff at St. Cloud Hospital. Fifty-two people, which included cardiac rehab patients and their families, came to St. Cloud Hospital for the first meeting on Jan. 31, 1985 — even though it was minus 30 degrees with a windchill of minus 70 degrees. In 1986, 30 people in the St. Cloud area signed a petition for official Mended Hearts charter membership. Pucel was the first president and visiting chair of St. Cloud's Mended Hearts chapter.

Fifteen years later, Pucel is the assistant regional director of Mended Hearts' Midwest region, which encompasses nine states and Thunder Bay, Canada. The St. Cloud chapter has 13 Mended Hearts visitors of both genders with a variety of ages.

"As St. Cloud Hospital has changed, we have changed," Pucel said. "We have grown with the Central Minnesota Heart Center, which was created in 1988."

Visiting heart patients

"For some reason, my life was spared," said Denny Wintheiser, who was 53 when he had a



Joanna Pucel

quadruple bypass in 1997. "Maybe being a Mended Hearts visitor is one thing I can do."

Wintheiser has competed in seven marathons since his heart surgery. "It's rewarding to help relieve some of the patients' tension by telling them that they are going to come out better after the surgery."

"We try to visit everyone who is having heart surgery the next day," said Penny Zook, who became a Mended Hearts visitor after her youngest child graduated from high school. She had one of her heart valves replaced 18 years ago. "We also visit patients after their surgeries."

One of her most memorable visits was during Wintheiser's training as a Mended Hearts visitor. "Denny and I were visiting this woman who was really scared," Zook said. "She was all by herself. We stayed for more than an hour. Even though it's becoming more common, heart surgery is still scary. When you can really help someone, it makes it all worthwhile."

MENDED HEARTS SUPPORT GROUP

Mended Hearts meets at 7 p.m. on the second Thursday of each month at Whitney Senior Center. For more information, please call (320) 252-1555.

"Involvement with Mended Hearts makes the first year after surgery easier," Penny Zook said. "There's a lot of emphasis on education, support and visiting. We have a lot of humor at our meetings."

HEART CENTER

Central Minnesota Heart Center at St. Cloud Hospital leads the nation

The Central Minnesota Heart Center at St. Cloud Hospital added a first-of-its-kind, dual-headed mobile scanner to its services in August.

"The scanner uses technology that has never been available on a mobile coach before," said Joe Wendt, nuclear cardiology specialist with the Heart Center. "It is the first in the world, and we are very excited to be part of such an innovative project."

The term "dual-headed scanner" means that there are actually two scanners working together as one. As the adage says, two heads are better than one.

"Our system will acquire a faster, more comfortable scan that is of higher quality and greater accuracy than the other single-head systems," Wendt said.

Although there have been significant technological advancements in nuclear cardiology in recent years, the mobile industry has not kept pace. At the Heart Center's request, ADAC Laboratories in Milpitas, Calif., has engineered this state-of-the-art dual-headed scanner to fit in a mobile coach. The Heart Center's nuclear diagnostic service has been "on the road" for more than a year with a different scanner, but the new equipment offers significant enhancements for patients.

To make an image of an organ such as the heart, the scanner must "see through" ribs, muscle, skin and other tissues of various depths and densities. These tissues can hinder the rays used during scanning. This is called attenuation. Attenuation can create a defect in the final picture, leading to inaccurate diagnosis.

Attenuation correction technology minimizes the likelihood of this and creates a more accurate picture of the

patient's heart. The Central Minnesota Heart Center is the only heart hospital in Minnesota that uses attenuation correction technology routinely for all nuclear cardiology scans. Clearly, this program is a leader in nuclear cardiology in the United States. Its new mobile scanner is the only mobile system like this in the world.

"Our goal has always been to provide the latest technological innovations for all patients in Central Minnesota," said Bob Johnson, executive director of the Central Minnesota Heart Center. "Our staff members have been visionaries in the delivery of services to prevent and treat heart disease. This new program continues to keep the Central Minnesota Heart Center at the leading edge in offering advanced care."

The new mobile nuclear scanner generally will visit two sites a day, traveling to communities such as Melrose, Paynesville, Long Prairie, Sauk Centre and Staples, as well as to Glenwood, Wheaton, Morris and Elbow Lake. The 40-foot truck features the Central Minnesota Heart Center logo, a stylized heart, and a photo of the Heart Center's exterior.

"The new service will help to increase our level of involvement with our outreach sites, physicians and patients around Central Minnesota," said Tim Dalton, director of non-invasive cardiology.

Last summer, the Central Minnesota Heart Center at St. Cloud Hospital was ranked by Solucient, the nation's largest health care data company, as one of the 100 Top Cardiovascular Hospitals in the country.



Central Minnesota Heart Center's dual-head mobile scanner brings exciting, new technology to Central Minnesota.

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St. Cloud Hospital
CENTRA CARE Health System

The Breast Center



VOLUNTEER SPOTLIGHT highlights St. Cloud Hospital employees who volunteer in the community.

The American Cancer Society's Relay for Life has become a way of life for Brenda Hommerding, R.N., and Cindy Flatley in the Medical/Oncology Care Center. Hommerding is a charge nurse and Flatley is a scheduler and health unit coordinator.

"It's a year-long project for us," Hommerding said. "Once you get into it, you're hooked for life."

For the past seven years, they have been team co-captains for the Medical/Oncology Relay for Life team and have been on the city planning committee for the event for six years. Flatley and Hommerding are in charge of organizing the activities and entertainment during the Relay for Life, which includes games for children, door prizes, continental breakfast for team members and arranging the performance of The Randy Boys. The Randy Boys are a local band with Pete Nelson, M.D., Ann Ohmann, R.N., and several other St. Cloud musicians.

"We get people together and make it a fun environment," said Hommerding. "It gets to be a social event."

The committee members already have begun planning this year's St. Cloud

Relay for Life, which will be June 14-15 at Apollo High School. In 2001, 45 teams with 500 walkers who sold more than 5,000 luminaries and raised \$121,000 for the Greater St. Cloud Unit of the American Cancer Society.

The cost of luminaries to honor cancer survivors and those who were lost, is \$10. More than 60 percent of the money raised at the St. Cloud Relay for Life supports service and rehabilitation programs, family education and support programs in the Cancer's Society's Midwest Division. The remainder of the money raised is used by the national American Cancer Society for cancer research, advocacy and education.

Besides having supportive husbands who are on the teams and help throughout the event, Flatley and Hommerding also get assistance from their children. Flatley has four children ages 11 to 18 and Hommerding has three boys between 4 and 12.

"Our families have been involved since the very beginning," Flatley said. "It's a big family event."

Both women have had cancer touch the lives of their relatives, many of whom participate in the Relay for Life.



Brenda Hommerding, R.N., and Cindy Flatley

"As you walk, you see names on the luminaries of relatives, survivors, people you have lost and those walking next to you, and you remember the special moments you've shared," Hommerding said.

Both women said that nothing can explain the emotion you feel when you take a step back to see all of the people and effort that goes into making Relay for Life successful.

"Wow, we were a part of it," Flatley said. "It's what keeps you coming back."

If you are interested in joining or forming a team or would like more information, please call the American Cancer Society at (320) 255-0220, ext. 101. You also can attend the Relay for Life Kickoff from 7-8:30 p.m. Monday, Feb. 11, at Herberger's.

■ Beat the winter blues — be a volunteer!

Staying active is a great way to take the chill out of winter.

Get involved as a volunteer at the new CentraCare Health Plaza, which provides a beautiful, natural setting for outpatient services near the intersection of Minnesota Highway 15 and 20th Street North. Or, check out the numerous volunteer opportunities at St. Cloud Hospital.

Just take a moment to fill out this coupon and send it to:
St. Cloud Hospital, Volunteer Services, 1406 Sixth Ave. N, St. Cloud, MN 56303

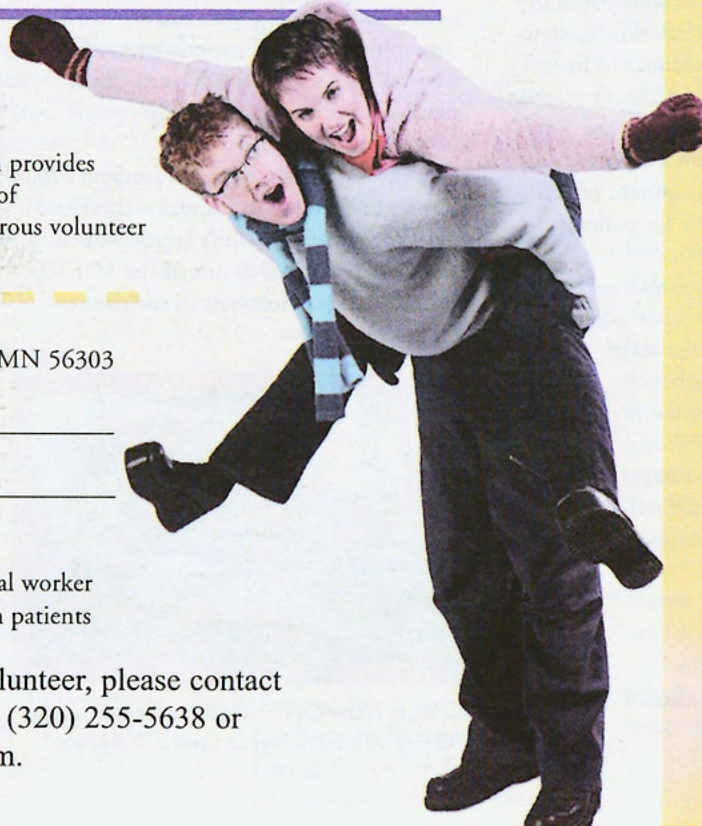
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- | | | |
|--|---|---|
| <input type="checkbox"/> Greeter | <input type="checkbox"/> Information desk | <input type="checkbox"/> Office/clerical worker |
| <input type="checkbox"/> Support for staff | <input type="checkbox"/> Transporter/Escorter | <input type="checkbox"/> Visiting with patients |

For information about how you can be a volunteer, please contact
St. Cloud Hospital Volunteer Services at (320) 255-5638 or
volunteer@centracare.com.



MISSION STATEMENT:

We are a Catholic, regional hospital whose mission is to improve the health and quality of life for the people of Central Minnesota in a manner that reflects the healing mission of Jesus and supports the dignity of those providing services and those being served.



A PUBLICATION OF ST. CLOUD HOSPITAL

The Beacon Light gets its name from the warning beacon once located atop St. Cloud Hospital when St. Cloud's airport was at nearby Whitney Park.



The Beacon Light is produced by the Communications department at St. Cloud Hospital.

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